



# PHASES OF DEVELOPMENT



## MIND

The teaching and learning program at Penrhos College aims to inspire girls to achieve their academic potential through varied learning experiences that engage, excite and challenge. Our teaching and learning teams provide a high level of academic care to our students. This care together with a broad, balanced, vibrant and seamless curriculum meets the needs of individuals and creates positive pathways for the future.

## HEART

Our pastoral care philosophy is to create a nurturing and positive environment where the individual is valued and connectivity throughout the Penrhos College community is established. Our pastoral care structure and programs aim to graduate students from the College as independent, resilient, socially aware young women who possess not only a strong sense of self but a meaningful connection to their community.

## BODY

Within a dynamic and exciting learning environment students are encouraged to develop their skills and talents across a wide range of physical pursuits. Our rich and extensive co-curricular program seeks to instil in each girl an enthusiasm for physical activities whilst building and developing her confidence, resilience and skills according to her own abilities. Our students are challenged to pursue excellence and personal best in their chosen physical pursuits while maintaining a balance across all areas.

## SPIRIT

As a Uniting Church school, Penrhos College is committed to enabling every girl to experience growth in her spiritual journey. Regular age-appropriate Christian worship services, as well as religious education, exploration of world religions and experience of spiritual practices are an integral part of each girl's education, so that she will develop into adulthood with an understanding of the Christian faith and other faiths and traditions.

### EARLY YEARS

(K, PP, 1)

#### EXPLORATION AND DISCOVERY

- Displays natural curiosity and wonder
- Engages in imagination and play
- Develops language for learning



- Displays a strong dependency on, and connection with, the family
- Becomes more socially aware
- Develops a sense of belonging

- Develops spatial awareness
- Develops fundamental motor skills (capacity to climb, balance, hold a pen)
- Learns about rules such as turn-taking
- Learns through play

- Develops a sense of wonder and awe about the created universe
- Learns to give thanks for family and friends
- Understands the need to say sorry
- Grows in understanding that Jesus gave us stories to teach us how to live

### MIDDLE CHILDHOOD

(2, 3, 4)

#### CURIOSITY - TO LEARN AND UNDERSTAND

- Undertakes sustained activities for longer periods
- Develops an ability to work collaboratively
- Becomes a "hands on" thinker

- Relationships extend to significant adults and peers while parents remain the main source of support
- Social approval may lead to changes in friendships
- Develops independence through self-awareness
- Displays a sense of social responsibility

- Willingness to participate
- Coordination and balance become more controlled
- Awareness of the importance of rules
- Skills are refined

- Learns to accept her body, emotions, imagination, talents as God-given
- Discovers she is unique, loveable and worthwhile
- Learns to be sensitive to the needs and worth of others as Jesus taught
- Develops a sense of responsibility for care of the environment

### LATE CHILDHOOD

(5, 6)

#### TAKING ACTION - MAKING A DIFFERENCE

- Appreciates different points of view
- Develops an ability to think in more abstract terms
- Draws from a wider range of resources for information
- Develops a sound grasp of written language and numeric conventions
- Learns how to put problem solving skills into action

- Becomes more autonomous with less reliance on family, while still demonstrating a need for emotional support in changing circumstances
- Develops identity as a social being
- Emerging sense of social responsibility
- Self-regulation and social competence increases
- Becomes aware of changes in self

- Displays a keen desire to learn new skills through direct instruction
- Begins to notice physical and capability differences
- Starts to develop personal safety strategies
- Develops a love of sport and an increasing enjoyment of competition



- Grows in understanding of the importance of responsibility, challenges and joys that belonging brings
- Learns to be empathetic to the right of all people to experience justice in their lives
- Grows in understanding that we are stewards of the environment and need to preserve it for future generations
- Grows in understanding of the meaning of Easter and Christmas for herself
- Develops an understanding of the Holy Spirit
- Develops an understanding that there are many commonalities among the major world religions

### EARLY ADOLESCENCE

(6, 7, 8)

#### UNDERSTANDING SELF AND PLACE

- Develops interest in knowledge or endeavour for their own sake
- Gains familiarity and confidence with the methods, conceptual frameworks and language of different subjects
- Develops and uses abstract thinking and coordination of a number of variables

- Develops independence
- Friendships and peer interactions become more important
- Develops a personal code of values and belief system
- Accepts changes in self
- Develops an understanding of personal strengths, interests and abilities

- Displays high level of self awareness in relation to appearance and development
- Increasingly self-conscious
- Develops resilience and thrives on success
- Actively seeks feedback relating to ability

- Learns about self-confidence, resilience, persistence through Biblical stories
- Learns about herself as here for a purpose
- Develops deeper understanding of the Easter and Christmas message and its relevance for today

### LATE ADOLESCENCE

(9, 10)

#### RISING TO THE CHALLENGE

- Explores increasingly diverse and complex sources of information
- Facilitates comparison, contrast, synthesis, questioning and critiquing of information
- Identifies all the factors that might affect a problem and then deduces and systematically evaluates specific solutions
- Develops a strong sense of own strengths, interests and goals
- Demonstrates initiative, creativity and problem solving skills

- Develops personal strengths, interests and abilities
- Increased awareness and appreciation of relationships
- Begins to understand the impact of behaviour on others and the community
- Develops resilience when faced with challenges

- Physical differences are highly pronounced
- Focused on personal talent and ability
- Accepts challenge of mastering skills
- Increasingly competitive

- Learns about herself as unique and wonderfully made
- Learns about attributes of God
- Develops a deeper understanding of world religions
- Learns that faith and service are inter-linked
- Develops understanding of spirituality practices



### YOUNG ADULT

(11, 12)

#### INDEPENDENCE AND FUTURE-FOCUS

- Demonstrates a high level of responsibility in the management of a wide range of tasks and the management of personal learning
- Develops high levels of language competence, interacting successfully with others in a wide range of situations
- Develops the ability to seek, use and evaluate information for a range of complex purposes
- Shows initiative and perseverance in accessing appropriate information
- Displays an ability to critically select and synthesise information

- Understands the importance of life balance, choices and consequences
- Increasingly independent and future focused
- Becomes a reflective thinker with regard to self, others and the community
- Finds a sense of place in the world and considers what it means to be an adult



- Independent exercise is increasingly important to maintain body-shape and fitness
- Displays an acceptance of others' physical attributes
- Makes conscious decision to pursue competitive or social activities
- High achieving athletes pursue challenges at an elite level

- Grows in understanding about spirituality and its relevance for everyday life
- Develops deeper understanding of the importance of forgiveness and hope
- Experiences spiritual meditation techniques
- Learns what is important to her as an aid to future-focus